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IF ABE LINCOLN COULD TEXT, WHAT WOULD HE WRITE? ONLY DANIEL DAY-LEWIS AND SALLY FIELD KNOW THE ANSWER PAGE 10

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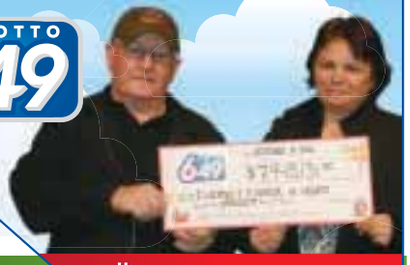
J. Lacroix & P. Leroux • October 10 • Hearst

LOTTO 6/49

$7.9 million winners



LONDON metro®

Monday, November 5, 2012

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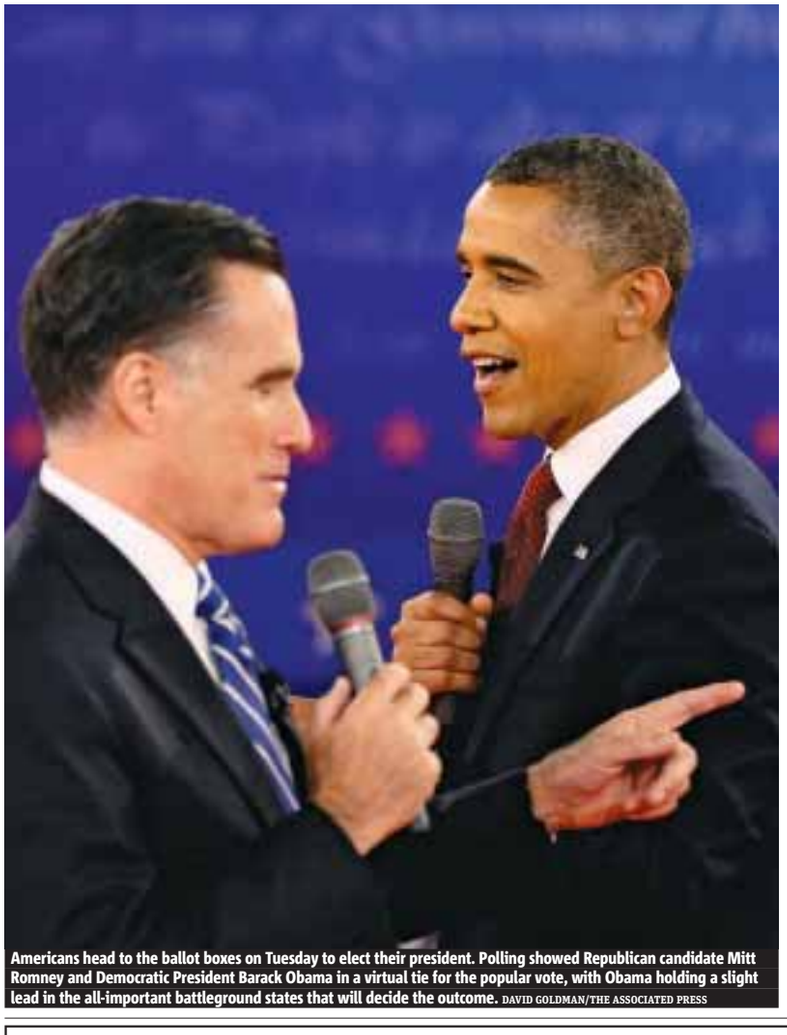

Americans head to the ballot boxes on Tuesday to elect their president. Polling showed Republican candidate Mitt Romney and Democratic President Barack Obama in a virtual tie for the popular vote, with Obama holding a slight lead in the all-important battleground states that will decide the outcome. DAVID GOLDMAN/THE ASSOCIATED PRESS

Watching the vote from afar

U.S. election. Americans living in London, political experts tuned in to race

AMANDA GRANT
london@metronews.ca

Ed Goehring lives in London, but nothing could have kept him from casting a ballot in the U.S. presidential election.

"With the closeness of the election, it shows how important it is for everyone to vote — those at home and those abroad," the U.S.-born Goehring said.

Goehring, who has dual citizenship, and others with ties to the U.S. are keeping a close eye on what's happening.

The U.S. State Department estimates that three to six million Americans live abroad, and many of them will cast absentee ballots in the election. With polls predicting a tight race, those ballots could swing the vote, experts say.

Goehring isn't alone in his interest. A group of Americans living in London plans to get together at 7 p.m. on Tuesday at Joe Kools (595 Richmond St.) for an election-night party.

Canadian political experts are also tuned in and urging others to pay attention.

"What happens in the States is certainly going to affect us," said Donald Abelson, a professor of American politics and U.S. foreign policy at Western University. "The faster their economy grows, the better off we are going to be."

Abelson is betting on an Obama repeat. "My feeling is that Obama will win, but it's not going to be by much," he said.

A four-year return for Obama would be the best scenario for Canada, Abelson says. "It comes down to foreign policy. Romney's foreign policy is reminiscent of the Bush years and, even more, the Reagan years. It's too unilateral," he said.

Goehring says his time in Canada has changed his "perspective on the election."

"Living in a place that has universal health care, I've recognized that Canadians don't live with that basic anxiety that Americans do when it comes to getting sick," the Obama supporter said. "It's something that makes me want to talk to fellow Americans."

Londoners weigh in

Metro asked Londoners to finish this sentence: I have/have not been keeping up with the U.S. election because ...

Twitter

@Call_The_Office: I'm busy pretending to be outraged about Joe Fontana.

@ewogrenovations: I've been too busy complaining about Xmas music in Shoppers Drug Mart on Facebook.

@ShaunaRae67: The lines in the sand are deeply drawn, less so here in Canada. Almost good vs. evil, depending on your political bent.

@jo_mAmA: What happens in the USA affects us here in Canada. If you don't think it does, you wear blinders. GObama!

Facebook

Elinor Schwob: The coverage is inflammatory & annoying.

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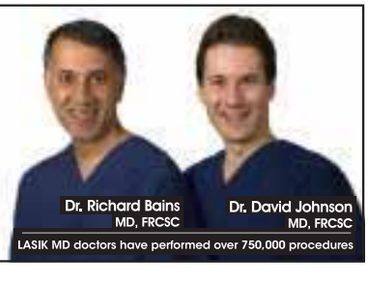

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Glen Murray

First name tossed in Liberal leadership hat

Former Ontario cabinet minister Glen Murray jumped into the provincial Liberal leadership race Sunday, becoming the first to officially make a play for the party's top spot.

Murray made the announcement a day after stepping down as minister of training, colleges and universities. Premier Dalton McGuinty has said any minister seeking the job must quit cabinet.

At a news conference at Maple Leaf Gardens, the Toronto-Centre MPP said he has the experience and ideas to take the reins of the party, which has struggled since forming a minority government.

"This race is like no other," Murray, 50, told a crowd of cheering supporters.

"The winner of this race will be the premier of a minority government with an opposition set to force an election.

"This race is about picking someone who has a clear agenda and a premier who is ready, if forced, to take the Liberals into election and win another mandate."

McGuinty has announced that he is leaving public office after nine years as premier and 16 years as party leader.

Murray, who was the mayor of Winnipeg from 1998 to 2004, was first elected to the Ontario legislature in a 2010 byelection in Toronto.

"I've been a big-city mayor, I have successfully led a large government through similar challenges to the ones we face now," he said, adding he did so by working with people "of all political stripes."

So far, the only other contender for the job is former municipal affairs minister Kathleen Wynne, who is expected to formally announce her intentions Monday. THE CANADIAN PRESS

Awards nominations

YMCA looking for excellent women

The YMCA of Western Ontario is accepting nominations for its 2013 Women of Excellence awards. The awards are given to women who exemplify excellence and are community role models. The deadline for nominations is 5 p.m. Dec. 10. Winners will be announced Feb. 12. For details about making a nomination, visit womenofexcellence.ca. METRO

Great Big coup for annual Country Classic Auction

Canadian band Great Big Sea gives a surprise performance Saturday during the London Health Sciences Foundation's annual Country Classic Auction. The event brought more than 1,250 people to the Western Fair District and raised money for women's health services at London Health Sciences Centre. Marking its 25th year, the event offered close to 400 items for auction, including 23 valued at $5,000 or more. Details about how much was raised weren't available Sunday. The auction has netted a combined $7.6 million in the past 24 years, including a record $510,000 in 2011. RYNER STOETZER/FOR METRO

City wants more from institutions

Finances. Officials want to join fight for more money from provincial colleges, universities, hospitals, prisons

AMANDA GRANT
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London wants to join forces with cities across the province calling on places like Western University to put more money into municipal coffers.

City council's finance and administrative services committee will talk Monday about a push to nearly double the province's "heads and beds" levy. The fee is levied in lieu of property taxes on provincial colleges, universities, hospitals and prisons.

Currently, institutions pay $75 for each head or bed, an amount set by the province. A report being tabled at Monday's meeting suggests increasing the fee to $146, which would mean an additional $3.5 million for the city each year.

London collected $3.7 million from the levy this year, with about 93 per cent coming from Western, the university's affiliated colleges and Fanshawe, the report says.

The existing rate was set in 1987. An increase is in order, says Coun. Paul Hubert, vice-chair of the finance and administrative services committee.

If you go

Council's finance and administrative services committee meets at 1 p.m. Monday in Committee Room 3 at city hall (300 Dufferin Ave.)

"We would also ask the province to come to the table and have a discussion, but we also think they should bring their chequebook," Hubert said. "It's been almost 25 years since this amount was set, and so we need an adjustment to make it sustainable. We're pointing out an inequality, and we need to deal with it."

Also Monday, the committee will hear a report on the city's credit rating. Moody's Investors Service has renewed London's triple-A designation, something the city's held since 1977.

Committee members also will consider extending Urban Animal Management Inc.'s contract with the city for animal-control services. The existing contract expires Dec. 31, and city staff are looking for a one-year extension.

Administrators are in the process of reviewing proposals submitted earlier this year from companies qualified to take on a possible expansion of "animal-welfare initiatives."

Pedestrian struck. SIU called in after crash

Ontario's Special Investigations Unit has been called in to investigate circumstances surrounding a Saturday crash at Commissioners Road West and Andover Drive.

A pedestrian was hit at the intersection at about 8:15 p.m. "while in police presence," London Const. Ken Steeves said Sunday. He declined further comment, directing questions to the SIU. Officials there did not return phone messages.

According to its website, the unit is a is a civilian law-enforcement agency that does criminal investigations into circumstances involving police and civilians that have resulted in serious injury, death or allegations of sexual assault.

Middlesex-London EMS told AM980 the victim's injuries were not thought to be serious. ANDREW SERCOMBE/FOR METRO

Jobs. Unemployment takes small jump

The London-area unemployment rate came in at 8.7 per cent for October, a slight tick up from the 8.5 per cent Statistics Canada reported for September.

The new data, released Friday, puts the London area above the national rate of 7.4 per cent and Ontario's rate of 8.3 per cent. Locally, the labour force has grown 1.7 per cent since October 2011 and the number of people with jobs is up a little more than two per cent, something that's considered a positive trend. METRO

Growth in the past year

4,500

Number of people added to local labour force in past year, according to Statistics Canada

London's own French connection?

Knights. Young duo showing promise early in hockey season

JOHN MATISZ
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It might be a tad premature to smack a label on it, but the London Knights look as though they're harvesting a local version of hockey's French Connection.

London's Jacob Jammes-Remi Elie tandem is a far cry from the 1970s Buffalo Sabres line of Gilbert Perreault, Rick Martin and Rene Robert.

Give them some time to develop, however, and the enthusiastic Ottawa-area youngsters might have Knights fans waving the fleur-de-lis.

"We're pretty happy with what they're giving us and the minutes they're playing," said Rob Simpson, London assistant general manager. "Consistently, you're seeing them hitting guys down in the corner and giving you energy."

Jammes and Elie, who room together in the Forest City, both hail from French-speaking families.

Elie, 17, is already a frequent floater in the Knights forward group, playing alongside stars Seth Griffith and Max Domi one shift, then fourth liners Corey Pawley and Adam Restoule the next.

"It's going pretty good," said the 200-pound power forward with four goals and two assists to his name. "Ryan (Rupert) is hurt, so I took his space ... and I'm just trying to keep that up."

Sixteen-year-old Jammes has seen less action thanks to pre-season knee surgery. Although he hasn't scored a goal, he's pitched in with three assists in a limited role.

Leading the pack

The duo leads a pack of Knights rookies that have, for the most part, seized the moment to start the 2012-13 campaign.

- Defenceman Miles Liberati has been impressive filling in for a suspended Kevin Raine, scoring his first OHL goal on the rush on Friday.
- Kyle Platzer, who has been the most consistent freshman, has been unswerving as a reliable bottom-six forward.

Jacob Jammes: 4 OHL games. OHL

Remi Elie: 15 OHL games. OHL

Spirit of Sport

Hall of Fame seats still available

There are still tickets left for the 11th annual Spirit of Sport and London Sports Hall of Fame reception on Thursday. Nine people, ranging from curler Ken Buchan to late MMA coach Shawn Tompkins, will be inducted. Visit WesternFairDistrict.com. METRO

City planning

ReThink it at Fanshawe

Fanshawe College will host a ReThink London workshop Wednesday to discuss changes to the city's master plan for neighbourhoods, community facilities, parks and transportation. Admission is free. Contact William Pol at wpol@fanshawec.ca. METRO

Serious condition

Londoner injured in apartment fire

A 50-year-old man was taken to hospital in serious condition after a Friday fire in the city's SoHo neighbourhood. A large portion of the man's body was burned before he was rescued, officials said. The cause is being investigated. METRO

Careless driving

Man charged after 401 crash

A 21-year-old London man was charged after a Friday crash that closed a portion of eastbound Highway 401. Andrew Bowers was charged with careless driving in the two-vehicle crash around 8:30 p.m. One person was taken to hospital for treatment. METRO

Holiday Homes lends helping hand to disabled children

Women walk through an elaborately decorated dining room at 315 St. George St. during Sunday's 23rd annual Holiday Homes Tour. The event, featuring homes decked out for the holidays, was a fundraiser for the Thames Valley Children's Centre, which provides services to children with physical and mental disabilities and disorders. Hundreds visited five London-area homes participating in the tour. Last year's event raised $75,000. AMANDA GRANT/METRO

Guns, drugs and cash. Police lay charges after busts

Police have seized illegal firearms and more than $17,000 in drugs and cash in two separate investigations.

Jerome Williams, 23, of London was charged with several firearms offences and possession of a controlled substance for the purpose of trafficking.

The charges came Friday after the London Police Services' guns and drugs section, which includes RCMP officers, seized a .45-calibre, semi-automatic handgun. They also found $7,100 worth of cocaine and more than $9,500 in cash.

In a separate Friday investigation, London's street gang unit, working with Mounties, seized a sawed-off shotgun, ammunition and $500 worth of cocaine.

Trevor Hernandez, 21, and Tabitha Richie, 20, both of London, face firearms-related offences. Hernandez is also charged with breach of probation and possession of a controlled substance. Richie is also charged with public mischief.

ANDREW SERCOMBE/METRO

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The London Lightning's Adrian Moss rounds a corner as the Halifax Rainmen's Tyler Richards puts on the pressure during Saturday's season opener at Budweiser Gardens. JOHN MATISZ/METRO

Lightning strong at season start

Impressive showing. Team had six players with double-digit scoring during home opener

JOHN MATISZ
john.matisz@metronews.ca

Early impressions on the London Lightning are in.

Although they've returned just four players from last year, the squad appears primed to be in contention for National Basketball League of Canada supremacy once again.

In front of 3,456 people at Budweiser Gardens on Saturday, London's new poster boy, Morgan Lewis, co-starred with veteran guard DeAnthony Bowden in a 107-89 season-opening win over the Halifax Rainmen.

"I'm glad to be on the cheering side this year," said Lewis, a former member of the Oshawa Power. "We were a little rusty today, but I think it was just first-game jitters. A lot of good, a lot of bad. But, at the end of the day, we ended up with a double-digit win."

Lewis, the No. 1 overall pick in the NBL's inaugural draft last year, posted 16 points and eight rebounds. Bowden put up a game-high 19 points to go along with seven assists.

Aside from the first five minutes of action, London was consistently in command of the game's tempo. A main reason for its success was bench scoring, which accounted for 39 points.

Lightning coach Michael Ray Richardson succinctly summed up the performance.

"First game: Good. But we can get better," he said.

In terms of improvements, Lewis and Richardson agree that rebounding tops the list. This should come as no surprise since Gabe Freeman, the NBL's leading rebounder a year ago, is now playing overseas.

"With Gabe, everyone else lets off and lets him get it," said Lewis. "This year, we have to team-rebound."

Added his coach: "We were kind of flat. We've got to rebound."

Coming up

The Lightning London host the Oshawa Power at Budweiser Gardens on Thursday. Game time is 7 p.m.

Football. Western's hopes of Yates Cup return trip dashed by McMaster

For the first time in six years, the Western Mustangs will not be playing in the Yates Cup final.

Western's football season came to an end Saturday with a 42-28 loss to the McMaster Marauders.

Western controlled the game early and led by 10 points at one point in the second quarter. The undefeated McMaster Marauders rallied in the second half, capitalizing on seven Mustang turnovers and 14 penalties.

Despite throwing two interceptions, first-year Western quarterback Will Finch played an impressive game, completing 24 of 37 passes for 300 yards and two touchdowns. He also rushed for 79 yards.

McMaster will face the Guelph Gryphons during Saturday's 105th Yates Cup final.

The Mustangs finished the season with a 6-4 record.

ANDREW SERCOMBE/FOR METRO

McMaster vs. Guelph

Saturday's championship game takes place at 1 p.m. at Hamilton's Ron Joyce Stadium.

Mustangs quarterback Will Finch
CONTRIBUTED

Aftermath. Sandy victims pray for relief, electricity

Storm victims went to church Sunday to pray for relief and give thanks for their deliverance as cold weather settling in across the New York metropolitan area compounded the misery for people already struggling with severe gasoline shortages and power outages.

Hundreds of parishioners in parkas, scarves and boots packed the pews and stood in the aisles for Mass at a chilly Church of St. Rose in flood-ravaged Belmar, N.J. Firefighters and police officers sat in the front rows and drew applause.

With about 700,000 homes and businesses in New York City, its northern suburbs and Long Island still without electricity six days after the storm, New York Gov. Andrew Cuomo warned that many homes are becoming uninhabitable and that tens of thousands of people are going to need other places to stay.

More than 900,000 homes and businesses in New Jersey were still without electricity.

Damage has been estimated at $50 billion US, making Sandy the second-most expensive storm in U.S. history, behind Hurricane Katrina in 2005. THE ASSOCIATED PRESS

Having faith

"There's more happiness in life than there is the opposite. And it will be back."

Roman Catholic Bishop David O'Connell

Felice Vazquez, 40, of Hoboken, N.J., greets a neighbour Sunday as she mans a table providing hot drinks and snacks on Washington Street, while the buildings around them remain without power due to damage caused by Superstorm Sandy.

JOHN MINCHILLO/THE ASSOCIATED PRESS

Pittsburgh zoo

Young boy mauled by wild dogs at zoo

A young boy visiting the Pittsburgh zoo with his mother and friends was killed Sunday when he fell about 14 feet off a deck into an exhibit that's home to a pack of African painted dogs, who pounced on the boy and mauled him, zoo officials said. It's not clear whether he died from the fall or the attack, said Tracy Gray of the Pittsburgh Zoo & PPG Aquarium.

When the boy fell, other visitors immediately told staff members, who responded along with Pittsburgh police. Zookeepers called off the dogs and seven of them immediately went to a back building. Three more eventually were drawn away from the boy, but the last dog wouldn't come into the building, and police had to shoot him, Baker said.

THE ASSOCIATED PRESS

Obama and Romney blitz swing states

Final push. Obama leading by a slight margin in key states after more than 27 million Americans voted in advance of Tuesday's election

U.S. President Barack Obama, above, stops for a campaign rally in Concord, N.H., Sunday, while his Republican opponent, Mitt Romney, greets supporters as he campaigns in Des Moines, Iowa.

ABOVE: CHIP SOMODEVILLA/GETTY IMAGES, BELOW: CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama and Republican rival Mitt Romney engaged in a frenzied cross-country blitz of the remaining toss-up states Sunday, with both sides predicting victory in a race that remains too close to call just two days before Election Day.

National opinion polls showed a race for the popular vote in Tuesday's election to be so close that only a statistically insignificant point or two separated the two rivals.

But the majority of polls in the battleground states — especially in the Midwestern states of Iowa, Wisconsin and Ohio — showed Obama with a slight advantage, giving him an easier path to the 270 electoral votes needed for victory. No Republican has won the White House without carrying Ohio.

Making his closing case to voters Sunday in Des Moines, Iowa, Romney pledged, if elected, to work with Democrats to restore the American dream and bring the economy roaring back to life.

"We're Americans. We can do anything," Romney said. "The only thing that stands between us and some of the best years we can imagine is a lack of leadership — and that's why we have elections."

Obama, too, said he is willing to work across party lines to break Washington's gridlock, but assured some 14,000 supporters who gathered in Concord, N.H., that he would not compromise key Democratic priorities such as health care and college financial aid.

"I know I look a little bit older, but I've got a lot of fight left in me," Obama said. "We have come too far to turn back now. We have come too far to let our hearts grow faint. It's time to keep pushing forward."

The final national NBC/Wall Street Journal Poll, conducted from Thursday to Saturday, showed Obama getting the support of 48 per cent of likely voters, while Romney received 47 per cent.

THE ASSOCIATED PRESS

Battleground states

Under the U.S. system, the winner is not determined by the nationwide popular vote, but by state-by-state contests, making "battleground" states extremely important in such a tight race.

- **Deja vu?** That raises the possibility of a replay of the 2000 election when Republican George W. Bush won the presidency with an electoral vote majority, while Democrat Al Gore had a narrow lead in the nationwide popular vote.
- **Registered voters.** Obama's campaign said it had registered 1.8 million voters in key battleground states, nearly double the number of voters they registered in 2008.

Ottawa student escapes bomb blasts

Photos. Carleton University student, 18, documents harrowing experiences in Syria

In the span of 10 days, Carleton University student Yaman Marwah went from sipping a coffee from a Second Cup in downtown Ottawa to escaping a barrage of deadly bomb blasts in Binnish, Syria.

The 18-year-old law and economics student met with Metro on Oct. 23, the day before his trip to his home country with his friend, Faris Al Shawaf, and said he wanted to document his humanitarian aid efforts with his camera on the front lines and show the footage to the outside world.

"There's a lot of people who don't believe what's happening," said Marwah at the time, alluding to conflicting reports from Syrian media and other news sources.

Since arriving in Syria on Oct. 26, Marwah has been sharing photos on Facebook.

The most arresting photo is the one he took after what happened to him on Saturday morning. In a Skype interview with Metro from Antakia, Turkey, Marwah explained how it will be a day he will never forget.

He said he was sitting in an Internet café looking at his photographs on a computer when he heard the roar of a plane nearby.

"When we went to the door toward the noise of the bombs, we were automatically ... thrown away," said Marwah.

He ended up with a minor leg injury from a nearby blast.

JOE LOFARO/METRO IN OTTAWA

Online

Go to metronews.ca to see Marwah's photos.

Yaman Marwah holds his camera as he speaks with a member of the Free Syrian Army on Oct. 26 in Syria. CONTRIBUTED/FARIS AL SHAWAF

New Coptic pope in Egypt

Acting Coptic Pope Pachomios displays the name of 60-year-old Bishop Tawadros, soon to be Pope Tawadros II, during the papal election ceremony at the Coptic Cathedral in Cairo on Sunday.

NASSER NASSER/THE ASSOCIATED PRESS

Private member's bill.

Conservative MP takes aim at CBC access requests

St. Albert MP Brent Rathgeber couldn't disclose all of the details of his private member's bill Sunday because it won't go to the House of Commons until Monday afternoon.

He said generally he is trying to correct a problem with how the CBC has used an exemption for journalistic and creative activities in dealing with access-to-information requests.

"The act as currently written allows the CBC to take sort of a blanket exemption approach that if any (access) requests deal with their journalistic programming or creative activities they just refuse to disclose."

Rathgeber said there should be some sort of test to see if it would really hurt the broadcaster to release the information. Journalistic sources, event bids and other sensitive information would still be protected, but other items like salaries could still be disclosed.

He said courts and the information commissioner have recognized the problem and he just wants to fix it.

"This is a problem here, this is not some vendetta or spite I have against the CBC. This is not what this is about at all."

CBC spokesperson Angus McKinnon said the broadcaster would wait to see the bill before commenting on it.

RYAN TUMILTY/METRO IN EDMONTON

U.S. election. Politics will dominate markets this week

Stock markets will likely be in for quiet trading at the beginning of this week with traders cautious ahead of the U.S. election on Tuesday that is too close to call.

"It's a huge week on the political scene," said Colin Cieszynski, market analyst at CMC Markets Canada, who observed that China will also be in focus. The Communist Party's 18th Party Congress meeting kicks off on Thursday, which will see the leadership transition of the party and also the country.

The Toronto markets chalked up a rise of 0.65 per cent last week in the wake of positive Canadian earnings reports. New York markets were slightly lower despite strong U.S. economic data, including consumer confidence at the best level in almost five years, and data showing expansion in the U.S. and Chinese manufacturing sectors.

The week was capped by a stronger-than-expected U.S. employment report for October as the American economy cranked out 170,000 jobs last month, higher than the 125,000 that had been expected.

THE CANADIAN PRESS

Sex-abuse scandal

U.K. may launch public inquiry into BBC conduct

Britain's government could order a full public inquiry into the British Broadcasting Corp.'s handling of the Jimmy Savile sex-abuse scandal, the country's top media minister said Sunday.

Culture Secretary Maria Miller was quoted as telling the Sunday Telegraph newspaper that a formal investigation into the broadcaster could be launched, if its own internal inquiries don't establish how the famed TV host's behaviour was allowed to go unchecked for decades.

Savile, one of the BBC's best-known entertainers, has been accused of sexually abusing hundreds of vulnerable young people. The host died last year at the age of 84.

THE ASSOCIATED PRESS

Endangered pay phones prove their worth in emergencies

Telecom. While Sandy shows how valuable archaic technology can be, least-profitable booths in Ontario and Quebec are threatened

People wait to use a pay phone on Bright Beach Avenue on Oct. 31 in the Brooklyn borough of New York, after Superstorm Sandy knocked out cellphone reception. Despite their value during emergencies, pay phones may be cut even further in Ontario and Quebec if the CRTC doesn't approve price increases. JOHN MINCHILLO/THE ASSOCIATED PRESS

The events of Superstorm Sandy are raising questions about the importance of pay phones in emergencies, even as two of Canada's largest telecom companies say they will tear out some public telephones unless they are allowed to sharply raise prices.

New Yorkers were forced to turn to their neighbourhood's coin-operated phones last week as flood waters knocked out power and cellphone reception in areas ravaged by Sandy, the massive storm that swept across the Eastern Seaboard.

But a push from Bell Canada and Bell Aliant Inc. could make it harder to find those pay phones in Canada during emergencies.

Earlier this year, both companies made applications to the Canadian Radio-television and Telecommunications Commission for rate hikes that could double the price of a pay-phone call.

Under the submission, they are asked for the ability to boost the price of a local call to as much as $1 each, compared to the current price of 50 cents.

Then in September the two telecom companies added extra pressure to their request by saying that without a rate increase, they would be forced to get rid of their least-profitable pay phones.

That could mean that up to 25 per cent of their pay phones in Ontario and Quebec would disappear if the CRTC doesn't allow them to raise prices. THE CANADIAN PRESS

Mini vs. full-size: iPad buyers weigh 1.8-inch difference

Employees hold a new full- size Apple iPad, fourth generation, left, next to the new Apple iPad mini at an Apple store in Chicago. The devices went on sale in stores Friday. M. SPENCER GREEN/THE ASSOCIATED PRESS

Should you go 7.9 or 9.7? It's one of two big questions facing indecisive consumers who are thinking about buying a new iPad but aren't sure which one to choose.

The new iPad mini, which went on sale in Canada on Friday, has a 7.9-inch screen, versus the 9.7-inch display on the newest full-size iPad (that's about 20 and 24.6 centimetres for metric-system sticklers).

The other magic number to consider is 170 — as in the price difference between an iPad mini and a similarly equipped version of the latest large-sized iPad.

On the low end, a WiFi-only 16-gigabyte iPad mini is $329, versus $499 for the big iPad. The most expensive 64-gigabyte iPad mini — out later this month — is WiFi and mobile-network-ready. It'll go for $659, while the latest upgrade of the iPad with the same specs goes for $829.

So is it worth an extra $170 for the larger iPad? Or put another way, will price-conscious buyers regret not spending the extra $170 if they go with the cheaper iPad mini?

The iPad mini's smaller screen brings down its cost and Apple also saved a few bucks by sacrificing a bit of screen quality. Since the third generation of the larger iPad, Apple has used its so-called Retina Displays, which have a resolution of 2,048 by 1,536 pixels, and a pixel density of 264 per inch.

In plain English, more pixels equal more detail and better sharpness. Because the iPad mini has a resolution of 1,024 by 768 pixels and a pixel density of 163 per inch, it is noticeably less sharp.

Text on the iPad mini has some clear raggedness around the edges. But it may not be apparent to many users unless they're doing a side-by-side comparison with a larger iPad or another tablet with better screen resolution.

There are advantages to choosing the smaller screen including better portability and a more comfortable grip.

The iPad mini weighs in at about .68 pounds to the 1.44 pounds of the newest WiFi-only iPad. It doesn't sound like a lot but the weight difference makes it far more comfortable to hold one-handed for long stretches of time. The smaller format also makes it easier to palm. THE CANADIAN PRESS

By the numbers

$170

The price differential between the mini and full-size iPad.

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CHARITY LEADER QUIETLY OFFERING TLC

URBAN COMPASS
Todd Devlin
london@metronews.ca

There's a reason Leo Larizza has been referred to as a "silent hero."

His preference has always been to avoid attention and fanfare for his work.

For the last 27 years, Larizza has been helping make life a bit easier for underprivileged, seriously ill and terminally ill children. He has delivered gifts, he has granted wishes and he has provided financial support to families during the most difficult times of their lives.

He has done it all quietly, behind the scenes. The 46-year-old was even reluctant to speak about it for this column.

"I didn't want people to get the wrong impression that I'm doing this for publicity," said Larizza, who has been running the Teresina Larizza Charities Foundation (named after his late mother) since 1985. "I'm just a person that cares for kids. I don't want any red tape, and I don't want any politics. I just want to get the kids what they want."

At Christmas, TLC provides gifts to underprivileged kids in more than 300 families.

Agencies like Life Spin and Childcan supply a list of children and their gift wishes. Then, Larizza and his volunteer shoppers buy the gifts with the money — usually $50,000 to $70,000 — raised during TLC's Christmas Drive.

The gifts are delivered on Christmas Eve by more than 100 volunteers, including London police officers and firefighters. Meanwhile, Larizza visits every child at the London Health Sciences Centre's Children's Hospital, making more wishes come true.

Two years ago, a young girl with a brain tumour asked for a pony the day before Christmas Eve. The nurses knew it was a large request, but they also knew Larizza would somehow come through.

"It was the most amazing thing you could ever see," he said. "She came out of her room, and we gave her a ride around the parking lot. She has gone through a tough time, but she still rides that pony once a week."

Sadly, many of the children Larizza visits eventually succumb to their illnesses. He has attended many funerals over the years and has provided financial support whenever needed.

"It's not any easier after 27 years," Larizza said. "It's always hard. I'm human. It does affect me, but I've learned how to cope with it."

Larizza says he can't imagine not working with the TLC Foundation, which he renamed 11 years ago when his mother passed away.

"She always taught me to give to others no matter what you had," he said. "I feel terrible for sick and dying kids. I feel it's unfair. I can't do anything for the pain, but I can certainly make them forget about it for awhile."

This year Larizza is hoping to ramp up his fundraising efforts, which to this point have included writing an annual letter to potential donors and his own personal savings.

"I'm getting more and more demand for help," he said. "And the more funds I can raise, the more I can do."

For more information or to help with this year's TLC Christmas Drive, visit tlcfoundation.ca.

Follow Todd Devlin on Twitter @UrbanCompassLdn

Leo Larizza is pictured with Hailey Traver, a child who has benefitted from his charity work, during a Childcan Christmas party. CONTRIBUTED

This ride will go down in history

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS PHOTOS

Step on the gas!

Pre-1905 cars put on some clicks

Participant Paul Noon drives his 1902 Westfield car in central London, England, during the London to Brighton Veteran Car Run on Sunday.

More than 500 pre-1905 vehicles made their way on the historic 100-kilometre run from Hyde Park in London to coastal Brighton in southern England, in the world's longest-running motoring celebration spanning 116 years.

The run is not a race but an endurance event and the drivers are not competitors but participants, hence why there is no "first to Brighton" award.

All participants who complete the course receive a finisher's medal and certificate.

THE ASSOCIATED PRESS

The wheel deal

30 km/h

All vehicles must be driven at an average speed of no more than 30 km/h and, in case of breakdowns, outside assistance is only permitted at designated locations.

A 1904 Aster car is backdropped by a double-decker bus during the run.

Forest City is worth a thousand words

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

"What is my Forest City and how am I rooted into it?" This was the question that inspired the students of Mountsfield P.S. to create a unique art project about their hometown.

Mountsfield was one of 14 schools across Canada selected this year to participate in the 21st Century Youth Creativity Challenge, a program funded by ArtsSmarts, a national charity that promotes the arts as a way of engaging students.

On Oct. 11, Mountsfield's Inspiration Day, 110 Grade 7 and 8 students devoted themselves to exploring London's geography, natural science and local history.

"We envision that the (program) will catalyze a generation of interdisciplinary thinkers and learners, fostering a passion for achieving breakthrough ideas," says Karen Harkins, community-engagement co-ordinator for ArtsSmarts.

"Participating youth take a leading role in developing ideas that focus on issues of identity, social inclusion and community belonging in Canada."

Mountsfield's students had the opportunity to be mentored by professional local artists, including Michaela Devine and Tricia Edgar.

They created a montage using their own photographs of their community, and crafted an intricate tree-shaped mosaic. The final exhibit expressed their hopes for the future of the Forest City.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

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Sally Field stars in Steven Spielberg's new film Lincoln as Mary Todd, the wife of the assassinated president. HANDOUT

What if Lincoln could send a text message?

Lincoln. Sally Field talks about getting to know co-star Daniel Day-Lewis through modern-day means

NED EHRBAR
Metro World News in Hollywood

Sally Field didn't have any rehearsal time for Lincoln, in which she plays Mary Todd Lincoln opposite fellow Oscar-winner Daniel Day-Lewis' Honest Abe. Luckily, the pair had another way to develop the rapport and sense of intimacy necessary to portray the long-married couple: text messaging. In character.

You and Daniel Day-Lewis would text each other, in character, before and during production?
I actually kept all the texts. I printed them up, I will keep them forever. They were breathtakingly wonderful and important to me because he kept doing it throughout the whole filming. He would write me after I'd done big scenes. It meant so much to me, and I will never reveal it. I will never reveal what they are. They are mine, they belong to me — a little like what Mary Todd felt about Mr. Lincoln. She burnt many of his letters. "He belongs to me." And that relationship belongs to me and I will never share it. But I will talk about the texts. It was so wonderful and so funny, a lot of it. And so concise. You know, we were texting, but as precisely Mr. Lincoln and precisely Mary Todd as we could manage. In the middle of last summer, he took to sending me limericks, and I would answer him by being critical. You know, "Is this the way you spend your time?" And criticize his lack of intelligence and his use of language (laughs).

It seems daunting to apply that manner of language to typing with your thumbs on a phone.
Yeah. It was really hard to do. It was helped by the fact that I was in the midst of research myself, so I was reading all these letters that were written of the feeling of the time. The way they used language was incredible. And also [screenwriter] Tony [Kushner]'s words were already being imprinted on my head, so I had some sense of the use of the language, and it was really a challenge much of the time to say what I wanted to say and not lose how it is that it should be said or it would be said at the time.

Have you ever done anything like that with a co-star before?
You know, I have never done a role that's this intense and emotional and connected to one human being and never have any rehearsal. We never had any rehearsal. So many of the scenes that you see between Mary and Mr. Lincoln are literally walk on set and do it. And do very few takes. But we had done so much work, he and I, and I think we both have enough miles in the saddle, and the bubble that was created for us by Steven [Spielberg] and by him to stay immersed in this world, it made it very interesting and very challenging — but in a good way — to work. The difficulty is owning the language. It's so difficult to say.

It must be nice being one of the few people in this film that doesn't have to worry about outlandish facial hair.
No, but I had to worry about other things, like gaining weight.

You look fantastic now.
I haven't eaten since (laughs).

Out Fox-ing your mother has never been so much fun

Prank My Mom. New hidden-camera show hosted by Kill Bill actress aims to give serious parents a shock with hilarious results

ANNE BRODIE
scene@metronews.ca

Prank My Mom host Vivica A. Fox. GETTY IMAGE

Vivica A. Fox hosts Prank My Mom, a hidden-camera series that sets up unsuspecting moms for big surprises. Children announce they are pregnant, under arrest, have to retrieve a sex tape or posted mom's profile on a fictitious dating site and wait for her reaction. It's a ruse designed to bring her a little excitement. Metro talked to the host about the show and her hectic career.

Vivica, you're hysterical!

Your attitude sweetens the emotional roller coaster that is Prank My Mom.
Absolutely! It's been a good fit for me, and surprising for a lot of people. They say, "I never knew you were really funny!" What? I've done a lot of comedies — like Booty Call and Curb Your Enthusiasm — but they forgot! And I've been punked by Tichina Arnold. I love Prank My Mom because moms are so serious, especially concerning their kids. These pranks can be pretty outrageous. The moms go wild. When it's revealed as a prank they are so relieved their kid doesn't have a sex tape and isn't a sex surrogate or going to jail, it's just "Whoo-hoo!" And then we talk it off with a dozen roses! One mom was hitting security officers with her purse and when it was over she said to her daughter, "I'd do anything for you," even though she'd broken the law and assaulted police. We haven't had any moms who've become upset with us.

What about hitting home, pranking your mom or being pranked?
As of right now, no, I don't know about my mom. I'll think about that one. We could get her at church. She's very proud and defensive of her church! The show Punk'd had been trying to get me for a very long time. I was at a photo shoot and my friend Tichina came to visit and pretended she was pregnant. I should have noticed when she came in full makeup, but I was busy with my shoot. Did she ever get me! Her water broke and the paramedics from hell showed up. I turned into a mama bear and stopped them from taking an uncompromising picture of her and told them to put up the cameras or I'd inflict bodily harm! When it was over I was sweating for a half hour to calm down. What! People were saying I'm always so red carpet ready but they learned you don't mess with me. That's the other side of Viv!

You're doing this show and have 11 films due out next year. Yikes.
I've been very blessed that my producer Lita Richardson strategized not to limit us. I host, produce, do theatre, film and TV and that has been the key. I'm also on another sitcom called Mr. Box Office. You have to control your career and the product for your audience. I find it to be so fulfilling and I'm proud of my hands-on part in it. Oh! Plus I have my own hair line for busy sexy women (vivicafox-hair.com). Yes I am busy.

How do you relax? Or do you?
Oh no, honey. Are you kidding me? I love working and I love what I do and I'm happy and blessed but I do know how to relax. I go to the spa and take my godson Christian to the mall and play with him. And, I spend a lot of time with my family. I've learned to take the time to smell the roses, to go play. I had to learn that after I built two homes and sold them!

PRANK MY MOM AIRS WEDNESDAYS ON LIFETIME CANADA.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Britney Spears. ALL PHOTOS GETTY IMAGES

Lawsuit against Spears' family thrown out of court

Britney Spears has one less headache to worry about, as a judge has dismissed former manager Sam Lufti's case against the singer and her family, according to Hollyscoop.

Lufti's suit had claimed that Spears' mom defamed him in her book and her dad assaulted him and that Spears herself owed him nearly $1 million in unpaid wages because of a verbal agreement that he would manage her for a four-year period. Lufti is reportedly planning to appeal.

Lady Gaga.

Lady Gaga dismisses critics of her weight

While Lady Gaga has successfully shed the pounds she'd put on recently, she still thinks the attention the weight gain garnered was out of proportion.

"I thought, well I don't really care if they think I'm fat because, quite honestly, I did gain about 30 pounds," Gaga said.

"Adele is bigger than me. How come nobody says anything about it?"

The Word

DiCaprio casts off another model girlfriend

Leonardo DiCaprio has called it quits with yet another fashion model girlfriend, reportedly breaking up with Erin Heatherton after about 10 months of dating, according to Us Weekly.

"They split a few weeks ago. There's no bad blood, they still care about each other a lot," a source says.

"They're both just really busy. They had crazy schedules."

DiCaprio previously had long-term relationships with models Gisele Bundchen from 2001 to 2005 and Bar Refaeli from 2006 to 2011.

Amanda Bynes

Amanda Bynes threatens to sue over latest allegations

Amanda Bynes has been accused of engaging in a lot of unstable and unlawful behaviour this year. But apparently she draws the line at an In Touch magazine report that she paraded around a New York tanning salon completely naked, telling Celebuzz in a text message it wasn't true.

"That's not true, I'll sue."

The story claimed that Bynes emerged from a private tanning room completely naked and looking for a pair of goggles.

She "didn't seem to care that everyone saw her naked," a source says, adding that Bynes looked "painfully thin."

Emma Stone

Emma Stone not rushing to the altar anytime soon

Emma Stone and her Amazing Spider-Man co-star Andrew Garfield apparently couldn't be happier together, but that doesn't mean the world should be expecting engagement news anytime soon.

"There's no rush to get engaged. They are both young and ambitious," a source recently told Us Weekly.

"They just love spending time together. They are absolutely adorable together."

Twitter

@ralphmacchio
Lights just went on at Camp Macchio! Water is running!

@jimmykimmel
The SkyMall catalogue has gotten so commercialized

@prattprattpratt
Haiku of the day: Jack Daniel's Whiskey. Jack. I love you, Jack. I got your back, Mr. Jack. Forever my boy.

@SteveMartinToGo
I stand by my original apology.

Healing owies

Magic bandage remover

It's funny, isn't it, the crying and anxiety that comes with the simple task of removing a tiny bandage from a child? I have found a solution, though, that might save your sanity — and your child's. Simply dip your finger in baby oil and rub it on top of the bandage. In just seconds, the oil will seep into the bandage and viola: No more stickiness! The bandage just slides off and the skin is left soothed by the oil. **CHARITY GASPER, YUMMYMUMMYCLUB.CA**

Remembrance Day

Troop appreciation activities

1. Write to the troops: Any Canadian Forces Member
Op Attention Kabul
PO Box 5140 Stn Forces
Belleville ON K8N 5W6
2. Print out free Remembrance Day colouring pages.
3. Wear a poppy to school.
4. Read the poem In Flanders Field together.
5. Read Winnie-the-Pooh and talk about Winnie's history. (True story: Winnie-the-Pooh was inspired by Winnipeg the Bear — a Canadian born bear adopted by a Canadian solider who became his regiment's mascot.)

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

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Five life lessons I have learned from my toddler

Wee ones. Two-year-olds actually have a lot of wisdom to impart

HAILEY EISEN
yummymummyclub.ca

Toddlers are incredible because, for the most part, they exist in a pure and natural state — untainted by society's expectations, standards and rules. They do what they want, when they want, until someone forces them to stop. They speak their minds and act without inhibition. Adults can learn a lot from them! Here's what mine has taught me.

Be persistent

If you want something badly enough, it's worth going after. Whether this means cajoling, bargaining, pleading or even stomping your feet. Even if someone is standing in the way of making your dream/goal/desire a reality, a healthy dose of conviction is sometimes all you need to break down that barrier. There's no talking my daughter out of something once she's made up her mind.

Be in the moment

If there's anyone who can teach us about mindfulness, it's a toddler. It's amazing to watch a kid play. It's as if nothing around them matters. They aren't worrying about how the week's weather forecast will interfere with their play dates or what to wear to the family dinner party. Kids live in the moment. They don't waste any time worrying about things in the future that they have no control over anyway.

Let your emotions flow

Have you ever watched a two-year-old process emotions? Mine can go from laughing hysterically, to crying, to sulking, to laughing in a matter of minutes. She expresses her emotions as she feels them, so she's never at risk of keeping them pent up. She doesn't know about holding a grudge and the longest she can stay angry with someone is five minutes.

Forget what others think

Do you ever wonder how you'd live your life if no one was watching? That's how my child lives every day. It may sound cliché, but it's totally liberating. I'm taking cues from her and quieting that inner voice that says, "What if they don't like me? What if they think I look fat?" As my daughter practices her plié sauté on a busy sidewalk wearing a tutu and a mismatched hat with chocolate smeared on her cheek, I have to ask myself: who cares? And the answer I'm going for is: not me!

There is a lot adults can learn from toddlers. ISTOCK

Love yourself

My daughter is happiest when positioned in front of the full-length mirror in our front foyer. She'll sing, dance, and have full conversations with herself. She's so happy with her own reflection that she never looks upon herself with criticism. This is what we all felt about ourselves when we were kids, before we started listening to the criticism of others. When was the last time you looked yourself in the mirror and felt nothing but love? When was the last time you celebrated your accomplishments? Take a lesson from this kid and start loving yourself more today!

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Noticing some mo bros and sistas?

GILBERT NDIKUBWAYEZU
life@metronews.ca

In the next few weeks, you may see many men developing their whiskers in an exceptional way.

It's Movember — a combination of moustache and November — a time when men grow a moustache during the whole month of November.

By doing so, you participate in an awareness campaign against males' most pressing health issues, notably prostate cancer.

The worldwide campaign culminates in a multitude of fundraising parties, with proceedings going to programmes dedicated to fighting against prostate cancer and males' mental health.

Participation in Movember requires a guy to register for the campaign, with a completely shaved face starting on November 1.

The ultimate objective is to instill, throughout the month, discussions in all walks of life about the often ignored issues facing males' health.

Since its inception in 2004, Movember activities have spread around the world. Canada joined the movement in 2007 and this year such activities will be held in 21 countries.

In 2011, as many as 854,000 Canadians participated, raising $125.7 million for the Movember Foundation.

Mo Sistas

So it's Movember, the month to grow moustaches and fight prostate cancer. And you are a female. Doesn't really concern you, does it?

Well, yes actually. There are ways women can also play a role, and a vital one at that, during the Movember campaign.

"Just because you can't grow a moustache doesn't mean you can't have a life-saving conversation, create awareness and contribute to a great cause," said Angela McNally of Toronto, who has been a Mo Sista since 2010 and currently sits on its Toronto committee. "Standing behind this cause shows you are passionate to see a change in men's Health."

Mo Sistas play a crucial role during the campaign by acting as team captains, recruiting others to join, sparking conversations, lending support to Mo Bros who grow moustaches and raising general awareness for the importance of men's health, said Pete Mbombaci, director for Movember Canada.

There we more than 16,000 registered Mo Sistas last year. They have formed regional committees in Toronto, Calgary and Montreal.

GILBERT NDIKUBWAYEZU/FOR METRO

Movember expands scope to include mental health issues

In the spirit of continuing to address crucial issues that affect men's health, Movember has expanded its scope of campaign to include males' mental health.

Mental health problems affect 3.4 million Canadian males each year, said Pete Mbombaci, national director of Movember Canada, as he explained the reasons why the movement decided this year to include mental health in its campaign activities. In other words, one-in-five Canadian men is affected by mental health issues. This trend raises the rate of suicide among men. Despite the lower cases of depression reported, it has emerged that four out five suicides among young Canadian people are committed by men. These alarming numbers are what prompted the Movember foundation to include mental health in its awareness campaign this year, Mbombaci said.

"This is an important step in the evolution of Movember as we're able to continue to address critical men's health issues," he said, adding that the goal is to get people to have discussions about it to reduce stigma and discrimination associated with it.

Movember intends to partner with other existing organizations in the mental health field to form an industry think tank that will possibly convene in January to address key areas where funding is needed. Once decided, mental health organizations across Canada will be able to apply for funding for projects in the given priority areas, Pete added.

Movember campaign funds will also help raise awareness of men's mental health issues. ISTOCK IMAGES

At the Canadian Mental Health Association (CMHA), they've welcomed this Movember initiative, in as far as it will help men take recognition of mental health's severity.

"Many men don't believe they are susceptible to depression for example," said Peter Coleridge, national CEO of CMHA. He said that, just like prostate cancer, men's mental health issues are not spoken about among people, yet this is "the second largest threat to men's health after accidents."

"We encourage all Canadians to maintain and improve their mental health, and seek support and help when needed," he said.

Peter said the Movember campaign will help direct males to resources available to them at CMHA and other health organizations across the country. GILBERT NDIKUBWAYEZU/FOR METRO

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French Toast gets a healthy facelift from multi-grain bread

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Pancake houses serve delicious French toast, cooked in loads of oil and smothered with butter and maple syrup. Delicious, but it's not healthy or low in fat. My version is delicious and healthy. Using the egg substitute lowers fat, calories and cholesterol.

Ingredients

- 1/2 cup egg substitute or 2 large eggs
- 3 egg whites
- 1/3 cup low-fat milk
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 4 slices multi-grain bread
- 3 tbsp pure maple syrup
- 1 tbsp sifted icing sugar
- 1/2 cup sliced strawberries

1. Whisk the eggs, milk, cinnamon and vanilla together in a shallow bowl until well blended. Dip a piece of bread into the mixture, making sure both sides are moistened. Do not leave the bread in the mixture for too long or the bread will fall apart. Repeat with another slice of bread.

2. Spray a large non-stick skillet with vegetable oil and place over medium heat. Cook 2 pieces at a time, browning each side, a total of about 5 minutes.

3. Garnish with a sprinkling of icing sugar, a drizzle of maple syrup and sliced strawberries.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional analysis

Per one slice

- **107 calories; 6.3 g protein; 1.3 g fat; 0.4 g saturated fat; 16 g carbohydrates; 3.8 mg cholesterol; 160 mg sodium; 2.4 g fibre**

Healthy eating

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Sometimes getting a fresh breakfast on the table without being late for work or school isn't possible. But be careful with the alternatives.

Aunt Jemima Croissant Egg Sandwich

350 calories/ 23 g fat
Egg and cheese are the only safe items in this frozen breakfast. The croissant and sausage contain the majority of calories and fat.

Equivalent

One Aunt Jemima Croissant Egg Sandwich is equal in fat to almost six marshmallow dream bars from Starbucks.

Smart One's English Muffin with Egg, Cheese and Bacon

210 calories/ 6 g fat
Egg whites are used, reducing calories and fat.

Night Before Scrambled Eggs. Start today, finish tomorrow morning

Ingredients

- 45 ml (3 tbsp) butter or margarine, divided
- 22 ml (1 1/2 tbsp) all-purpose flour
- 2 ml (1/2 tsp) salt
- 300 ml (1 1/4 cups) milk
- 425 ml (1 3/4 cups) shredded cheddar cheese, divided
- 75 ml (1/3 cup) finely chopped onion
- 250 ml (1 cup) sliced mushrooms
- 12 eggs

1. In saucepan, melt 15 ml (1 tbsp) of butter. Whisk in flour and salt. Gradually whisk in milk until smooth. Bring mix to simmer over medium heat, stirring constantly, until slightly thickened. Remove from heat. Add 300 ml (1 1/4 cups) of cheese, stirring until melted. Set aside.

2. In frying pan, melt remaining 30 ml (2 tbsp) butter. Add mushrooms and onion; sauté until tender.

3. Whisk eggs. Add eggs to mushroom-onion mixture. Cook until eggs are just set but still a little wet. Stir cheese sauce into egg mix. Spoon mix into a greased 23-cm (9-inch) square baking pan or 2.5-l casserole. Sprinkle remaining 125 ml (1/2 cup) cheese over top. Cover and refrigerate overnight.

4. The next morning, uncover and bake in a 180 C (350 F) oven until heated through and cheese is melted, 20 to 25 minutes. **THE CANADIAN PRESS/ EGG FARMERS OF ONTARIO**

Breakfast faves meet in Skillet Blueberry Muffin Pancakes

What do you do when you are hankering for blueberry muffins, but don't have a muffin pan handy? Well, you can cook them the same as you would pancake batter, in a skillet, using the muffin batter.

Why not just make blueberry pancakes? To answer that, look at the differences between pancake and muffin batters. Though recipes will vary, most pancake and muffin recipes call for equal amounts of flour and eggs. But while pancakes call for more liquid, muffins get more sugar, fat and baking powder.

So while muffin batter cooked in a skillet may resemble a pancake, the taste is all muffin. You can even top the muffins with a blend of cinnamon-sugar. This caramelizes beautifully when you flip them. And while muffins can take half an hour to bake, these pancake-style muffins cook up in just minutes.

Ingredients

For the muffins
- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 tbsp baking powder
- 1 tsp cinnamon
- 1/2 tsp salt
- Zest of 1 lemon
- 1 cup milk
- 1 egg
- 2 tbsp canola or vegetable oil
- 1 tsp vanilla extract
- 1 cup fresh blueberries

For the topping
- 2 tbsp brown sugar
- 2 tbsp cinnamon

1. In bowl, stir flour, sugar, baking powder, cinnamon, salt and lemon zest. In separate bowl, whisk together the milk, egg, oil and vanilla.

2. Add liquid ingredients to the dry, then stir just until a batter forms. Gently stir in the blueberries. Set aside.

3. In small bowl, mix brown sugar and cinnamon.

4. Heat skillet over medium. Coat with cooking spray, reduce heat to low, then ladle batter into the skillet, using about 1/3 cup per muffin. Do not crowd the pan, as muffins will spread. Sprinkle the top of each muffin with a bit of the topping. Cover and cook for 6 to 8 minutes, or until risen and browned on the bottom. Use a spatula to flip and cook for another 2 to 4 minutes. Repeat with remaining batter. **THE ASSOCIATED PRESS**

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

There's magic in your mistakes

Telling it like it is.
W. Brett Wilson tackles the tough side of getting to the top

ELIZABETH BEDDALL
life@metronews.ca

Wilson is chairman of both Canoe Financial and his Prairie Merchant Corporation and is a member of the Order of Canada. HEATHER FRITZ

Dragons' Den co-star and Risky Business host W. Brett Wilson became one of Canada's top investment bankers, but learned the hard way that financial success and the respect of business peers can come at the price of losing health, family and friends.

In his new book Redefining Success, which is in stores tomorrow, Wilson tells the story of hitting the big-time financially while hitting rock-bottom personally, and what led him to redefine his life.

Metro caught up with Wilson to chat about success, business savvy and what it truly means to be satisfied.

If we're being completely honest, does one's personal life have to suffer at least marginally in order to climb the professional ladder?
Yes, there are sacrifices for sure because we can only do one thing at time and we have competing demands on our time. That simply drives home the relevance of setting priorities to steward ones time with.

What are three key warning signs that you are not balancing work and life properly?
There are many warning signs, but at the personal level when you aren't allocating time to your health, your family and your friends ... quite simply you are not balancing life and work very well.

If I were hoping to get you to invest in my small business idea, what could I tell you that would make you back out immediately?
If you told me the idea was new and you thought it was worth a "flyer" I would question for passion, for the concept and ability and interest in following through — meaning I am gonzo!

What has been the biggest risk you've ever taken in your professional life and did it yield positive or negative results?
The biggest risk I ever took, in the eyes of my family and friends and peers, was starting FirstEnergy — the energy-focused brokerage firm — as the entrepreneur. I was comfortable with the risk (it was my life's focus after all), but there were many doubters. Did it work out? Financially it was a success. Personally, it absorbed every waking hour, to the detriment of key relationships in my life.

Can you recall a moment in your life where you felt like you achieved success wholly and completely?
Success is hard to measure, therefore it's hard to respond to the question.

Have I achieved success? The last line in my book offers: "A successful man is one who has earned the respect and admiration of others." I would add, "especially that of his children." On that basis — I hope I have achieved success. I know my life's work is far from done.

The In-Credibility Factor

Name: Daniel Torjman
City: Toronto
Age: 33
Occupation: Designer, founder of clothing and accessory brand 18 Waits

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Daniel Torjman. LEETA HARDING

Torjman was working in the fashion industry in New York when he decided to move back to Canada and strike out on his own. He founded 18 Waits, and now his clothing and accessories are featured in high-end North American stores, like Holt Renfrew, and around the world in China, Japan and the United Arab Emirates.

I knew I was on my way when... we brought our collection to sell at a very well regarded trade show in Paris and New York and it was incredibly well-received. We showed alongside the best brands in the world for buyers who came from all over the world and everyone loved our brand and collection. It was pretty exciting as the people who walk these shows are educated, skilled and acutely aware of what's happening in the fashion world on an international level. And we fit right in.

Action Plan

• Be well organized. It's so easy for things to get out of hand — and quickly — when starting a business. Set up a good system of organization right off the bat so you're off to a good start and not trying to clean up messes down the road.

• Surround yourself with the right people. Don't have an ego about it. Find great people to work with and let them do what they're best at without getting in their way.

• Don't give up. It doesn't matter what industry you're in; starting and running your own business is not easy. But if your goal or dream is to do it then all the work is worth it.

Don't get frustrated by small failings or not succeeding as fast as you would have hoped. It takes a few years for a business to really find its legs and start working. Lastly, work your ass off. Because that's what it takes to make it work. If you love what you do — which I do — the work is fun and exciting, as opposed to laborious and boring. Love what you do and then work your ass off doing it.

Have you been dreaming in digital?

Educating the e-world. Graduates in this growing field don't just know their gear, they get the global picture

BRUCE WALSH
life@metronews.ca

Could you turn your fascination with computers into a full-time career? ISTOCK

Cynthia Baron directs the master of professional studies in digital media program at Northeastern University in Boston, Mass. Like most graduate degrees of this kind, the Northeastern program only emerged in the past few years. She sat down with Metro to discuss this budding field of study.

Digital media studies are relatively new to the landscape of graduate degrees. Why have so many schools developed these programs?

I think it's pretty obvious that it's market-driven in the sense that more and more of our lives are touched by digital technology.

There's a big difference between understanding how to use a piece of software and why you would design it that way. And, when you put different processes together, it becomes very complicated.

There wasn't a place to study this in any one academic discipline.

Schools wanted to look at this phenomenon as a whole, instead of trying to do it piecemeal with added classes here and there in other areas of study.

What's the biggest misconception about graduate-level degrees in digital media?

People say, "Why do you need a degree in digital media? Couldn't I just take courses to learn how to use software?" You could, but that doesn't make you a digital media professional. That's like me saying I know how to use Microsoft Word, so that makes me a writer.

Are there fellowship opportunities in this field of study?

Fellowships in these areas are hard to come by. Most programs that do provide fellowships or TA positions offer them to a small number of students.

The vast majority of students in digital media fund their education through student loans.

Careers

Where do I go from here?

Cynthia Baron tells us what jobs digital media students wind up in?

"Interactive design, game design, web design, handheld media products, digital video, photography, 3D animation, web-based journalism. But, often, people come to us from specific fields — programming, engineering, art, design, communications, teaching — and they're looking to go back with a new skill set," she says.

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SPORTS 4

Marathon meeting offers hope for lockout talks

NHL. No. 2 men from league and players' union have 'frank discussion,' pave way for bargaining sessions to resume

The conversation is flowing again between the NHL and NHL Players' Association.

A marathon meeting between deputy commissioner Bill Daly and NHLPA special counsel Steve Fehr stretched from Saturday afternoon into the early hours of Sunday morning, and was followed by some encouraging news: The sides expect to return to the bargaining table again soon.

"We met on and off for most of the day and covered a lot of ground," Daly told The Canadian Press via e-mail. "We plan to meet again early in the week."

Daly and Fehr got together at an undisclosed location in an effort to shield themselves from the media spotlight and start finding a way forward in negotiations. The session included "good, frank discussion on the most important issues separating us," according to Daly.

It represented a significant departure in protocol from the last few months, when the parties rarely sat down together for more than an hour or two at a time. The meeting was also unique because it included just the No. 2 men from the league and union, perhaps offering a harbinger of better times ahead (Daly and former NHLPA deputy Ted Saskin laid the groundwork for the deal that ended the 2004-05 lockout).

There was certainly a positive feeling in the air afterwards, with Fehr saying in a statement that he agreed with how Daly summed up the session.

"Hopefully we can continue the dialogue, expand the group, and make steady progress," added Fehr.

There had been no signs of progress since the sides last met in mid-October. In fact, the news had all been negative, with a deadline to salvage an 82-game season passing, the NHL calling off all games through Nov. 30 and an announcement Friday that the Jan. 1 Winter Classic at Michigan Stadium was being postponed, likely until next season. THE CANADIAN PRESS

Luck's record-setting day leads Colts past Dolphins

Indianapolis Colts quarterback Andrew Luck pitches the ball to Dwayne Allen while under pressure against the Miami Dolphins on Sunday in Indianapolis. Luck threw for 433 yards and two TD passes, breaking Cam Newton's single-game passing record (422 yards) for a rookie as he led the Colts to a 23-20 victory over Miami. JOE ROBBINS/GETTY IMAGES

Formula 1

Title race open after Raikkonen wins in Abu Dhabi

Kimi Raikkonen won a crash-filled Abu Dhabi Grand Prix on Sunday for his first victory since returning to Formula One this year, a result which throws open the drivers' championship with two races remaining.

Raikkonen, the 2007 champion who drives for Lotus, overtook Red Bull's Mark Webber at the start to move into second. He took the lead on the 20th lap when McLaren's Lewis Hamilton retired because of an electrical problem.

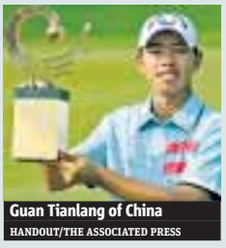
Raikkonen held off Ferrari's Fernando Alonso, who finished second. Two-time defending champion Sebastian Vettel clawed back from last to finish third, his lead over Alonso cut to 10 points. THE ASSOCIATED PRESS

Golf

Teen Tianlang going to Masters

Guan Tianlang of China has won the Asia-Pacific Championship, making the 14-year-old the youngest player to qualify for the Masters.

The previous record was Matteo Manassero of Italy, who was about to turn 17 when he played in 2010. THE ASSOCIATED PRESS



Guan Tianlang of China
HANDOUT/THE ASSOCIATED PRESS

Raptors pound T-Wolves for first win of the year

Kyle Lowry and DeMar DeRozan each scored 22 points, Alan Anderson had 18 and the Toronto Raptors earned their first victory of the season Sunday night, beating the Minnesota Timberwolves 105-86.

Andrea Bargnani scored 10 points as the Raptors extended Minnesota's miserable record against Toronto. The Raptors have won 15 of the past 16 meetings, including nine straight at home. Minnesota has not won in Toronto since Jan. 21, 2004.

Andrei Kirilenko scored 17 points and Nikola Pekovic had 15 for the Timberwolves, who were outscored 26-13 in the fourth quarter, making just four of 16 field-goal attempts.

Sunday's game

Raptors	Timberwolves
105	86

Derrick Williams had nine points and eight rebounds for Minnesota, which is without injured forward Kevin Love (broken hand) and guard Ricky Rubio (left knee).

Winless in two games coming in, Toronto was playing the second game of two straight. The Raptors lost 107-100 at Brooklyn on Saturday night, the Nets' first game in their new home.

The Raptors scored 27 points off of 16 Minnesota turnovers in the first half, and got seven points from Lowry in a 12-4 run over the final 3:10 of the second quarter to open a 56-47 lead at the intermission.

The Timberwolves took better care of the ball in the third quarter, committing just three turnovers and cutting the deficit to 79-73 heading into the fourth. Kirilenko scored seven points in the third and Pekovic had six.

Landry Fields opened the fourth with a dunk and Toronto scored nine of the first 12 points of the quarter, opening an 88-76 lead on Anderson's three-pointer with 8:47 left.

THE ASSOCIATED PRESS

Horoscopes

Aries
March 21 - April 20
Someone will introduce you to a new idea today and while it may be a bit uncomfortable you will benefit intellectually. But don't get too radical in your thinking: the answers you seek are mainly in the middle ground.

Taurus
April 21 - May 21
Unexpected developments will throw up new challenges and opportunities over the next few days. Are you ready for them? Are you willing to adapt? Only those who know how to think and act fast will gain in the long-term.

Gemini
May 22 - June 21
Your ability to visualize what it is you want to accomplish will make things easy for you this coming week. Others may say you are chasing rainbows, and maybe you are, but at least you have a dream of some sort.

Cancer
June 22 - July 23
Although you may want to comfort someone who has a whole load of personal problems don't make it look as if you condone their negative behavior. Overall, they have only themselves to blame. Sad but true.

Leo
July 24 - Aug. 23
If you don't ask you won't get, so speak up and let others know what it is you want from them. Their response may not be entirely positive but it won't be entirely negative either. You'll get something at least.

Virgo
Aug. 24 - Sept. 23
The planets warn there is still a lot of work to be done to get from where you are now to where you most want to be. The good news is you have a clearly defined goal and can start working towards it.

Libra
Sept. 24 - Oct. 23
You won't be short of ideas and you won't be short of opinions. The one thing you may be short of is the ability to see that not everyone thinks the same way as you. What happened to your Libra sense of balance?

Scorpio
Oct. 24 - Nov. 22
Try not to lapse into negative patterns of behavior, especially where money matters are concerned. If you think you are going to lose out in some way your thoughts will create circumstances that are likely to make it happen.

Sagittarius
Nov. 23 - Dec. 21
Some people seem to think that your main task in life is to look after them. It's about time you let them know it isn't true. Cut off assistance today and let them fend for themselves. In the long-term it will do them good.

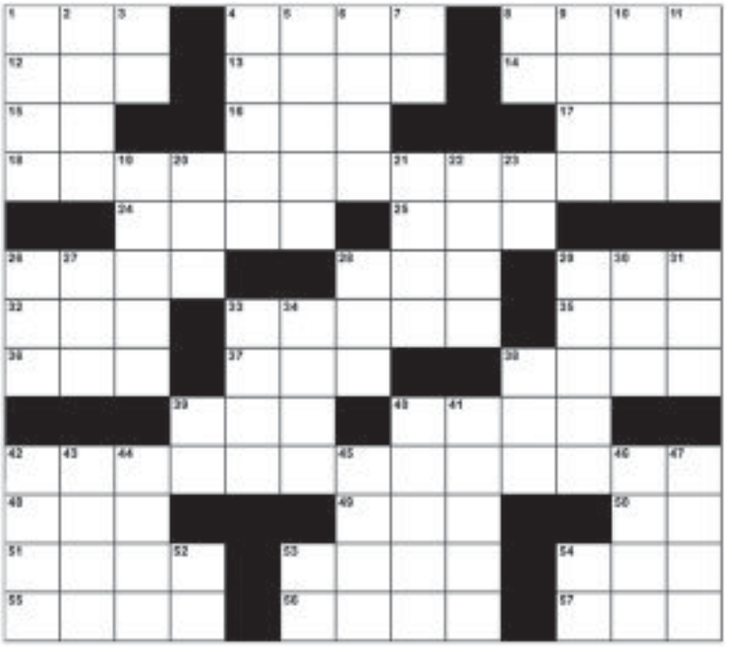
Capricorn
Dec. 22 - Jan. 20
Differences of opinion on the work front need to be resolved this week. Colleagues and employers are ready to talk business but are reluctant to make the first move. Fortunately you're much braver than they are.

Aquarius
Jan. 21 - Feb. 19
If you can get away at short notice this is a good time to travel, but if you are stuck in one place there are other ways you can make life interesting. Use your imagination. What you think today you'll be doing tomorrow.

Pisces
Feb. 20 - March 20
You seem to believe that someone is plotting against you. Common sense should tell you there is nothing to fear
SALLY BROMPTON

Canadian Crossword

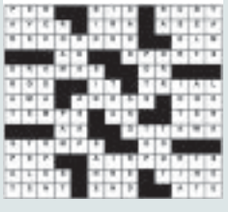
BY BETTY MARTIN



Across
1. Football official
4. Dick and Jane's dog
8. Leave out
12. Appendage
13. Docile
14. Arson
15. Circle ratio
16. Actress Gardner
17. Negative vote
18. Flighty fellows
24. Enemies
25. Chat room access provider
26. Construction area
28. Many thousand (abbr.)
29. Form of address
32. High card
33. Hillock
35. Afternoon social
36. Actor James Van – Beek
37. Three, in Rome
38. Quiet!
39. Possess
40. College official
42. Insatiable Sesame Street character (2 words)
48. Decide on
49. Picnic pest
50. Egyptian Sun God
51. Den
53. Fragrance
54. Brand name for pens
55. As well as
56. Extremely
57. — Haw

Down
1. Knocks sharply
2. Actor McCormack
3. Radio dial
4. Avow
5. Re-tars the road
6. Actor Epps of House, M.D.
7. — Deum
8. "East – Eden"
9. Skirt length
10. Neighbour of Iraq
11. Golf gadgets
19. Comes up next
20. Digit
21. Remove water
22. Dinner accompaniment
23. Actor Pacino
26. Dismal
27. Keeps drinks cold
28. Me, to Miss Piggy
29. Dangerous feat
30. Plural ending
31. Cheer
33. New Zealand fruit
34. Star Trek: Deep Space —
38. This Hour — 22 Minutes
39. Give the go-ahead
40. Blood giver
41. Access
42. Type of pop
43. October birthstone
44. Elevator maker
45. Erected
46. Great lake bordering Lake Ontario
47. The Amazing —
52. Former co-host of The View (init.)
53. Ottawa valley (abbr.)
54. Old time "Road to...." actor (init.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

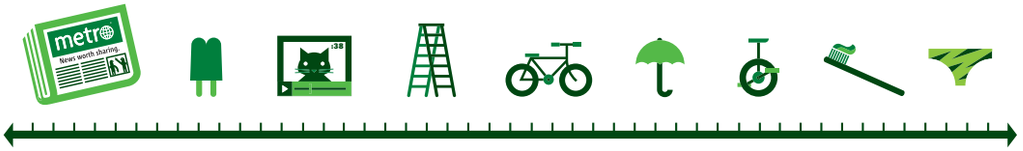
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2		4		7		5		6
			4			3	8	1
			9	6				5
7			3		8			9
1				5	2			
8	6	3			4			
4		5		9		1		2

Yesterday's Sudoku

Sharability



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